

Make a Change for the Better



Sign up for Healthy U - A Chronic Disease Self-Management Workshop

This free workshop - held once a week for 6 weeks - provides tools to help manage your symptoms and live your best life.

A Chronic Disease cannot be cured, but CAN be managed. Examples include Arthritis, Anxiety, Asthma, Bipolar Disorder, Cancer, Diabetes, Depression, Epilepsy, Fibromyalgia, Heart Disease, High Blood Pressure, High Cholesterol, HIV/AIDS, Kidney Disease, Lung Disease, Lupus, Multiple Sclerosis, Obesity, Stroke....

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, weight management, difficult emotions.
- Using physical activity to maintain and improve strength, flexibility, endurance.
- How to use medications safely and appropriately.
- Communicating effectively with family, friends, health professionals.

Consider Healthy U if you:

- Live with long-term health conditions or care for someone living with chronic conditions.
- Feel limited in your daily activities.
- Feel tired, alone, or fearful because of your health or the health of a loved one.
- Seek better ways to manage symptoms.

Details

WHEN:

Wednesdays, May 8—June 12, 2019

Sessions begin at **2:00 pm** and end no later than 4:30 pm.

WHERE:

Vandalia Village
860 South Dixie Drive, Vandalia

Space is limited.

Advance Registration Required

Contact Jessica Dirmeyer at

(937) 410-0700

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Healthy U workshops are offered by the Area Agency on Aging, PSA 2.

(937) 223-HELP

info4seniors.org

(800) 258-7277